

## 1986 VICTORIAN VETERANS' ATHLETIC CLUB 24 HOUR TRACK RACE, BOX HILL, 15-16 FEB

In 1986 the race became an official trial for the Sydney to Melbourne ultra run (200 km to qualify), with 44 runners entering and 39 starting. Brian Bloomer set a new Australian Record of 242.598 km and Cynthia Cameron broke the women's record with 191.216 km. Brian would go on to finish third (with 6 days 17 hrs 20 mins) in that year's Westfield (Sydney to Melbourne, 960km) behind Greek runner Yiannis Kouros (5 days 5 hrs 7 mins) and NZ runner Siegfried Bauer (6 days 5 hrs 46 mins). Overall, 24 of the runners covered more than 100 miles. The standard of ultra running in Australia has quickly blossomed, due to the popularity of the Westfield classic.

After the experience of the very hot Sunday in 1985, the start time was changed to midday on Saturday. Better to have two shorter daytime periods of running and the cooler night in between.

### 24 Hour Run

1.	Bloomer, Brian	M	VIC	1941	M40	242.598 km
2.	Bruner, Robert (Bob)	M	VIC	1938	M45	211.584 km
3.	McKellar, Jack	M	VIC	1940	M45	208.915 km
4.	Bell, John	M	VIC	1944	M40	208.450 km
5.	Ross, Howard	M	VIC	1945	M40	205.634 km
6.	Young, Cliff	M	VIC	1922	M60	203.200 km
7.	Wishart, Greg	M	VIC	1939	M45	195.550 km
8.	Champness, John	M	VIC	1941	M40	193.005 km
9.	Cameron, Cynthia	F	VIC	1942	W40	191.216 km
10.	Stephenson, Chris	M	NSW	1956	M23	187.631 km
11.	Taylor, David	M	NSW	1951	M23	182.047 km
12.	Sch nibbe, Klaus	M	VIC	1943	M40	181.936 km
13.	Hill, Ron	M	VIC	1940	M45	176.430 km
14.	Ramelli, Ray	M	VIC	1945	M40	175.756 km
15.	Gobel, Joe	M	VIC	1937	M45	175.518 km
16.	Beauchamp, Bill	M	VIC	1945	M40	172.253 km
17.	Fisher, Keith	M	VIC	1965	MU23	172.010 km
18.	Tripp, Tony	M	WA	1946	M35	168.418 km
19.	Marshall, Keith	M	VIC	1926	M55	167.903 km
20.	Rafferty, Tony	M	VIC	1939	M45	167.875 km
21.	Cassidy, Kevin	M	VIC	1960	M23	164.993 km
22.	Riley, Geraldine	F	VIC	1963	WU23	164.412 km
23.	Cox Sr., Terry	M	VIC	1937	M45	163.235 km
24.	Williams, Reg	M	VIC	1951	M23	162.059 km
25.	Butko, Kon	M	VIC	1947	M35	154.418 km
26.	Woolgar, Chris	M	VIC	1943	M40	153.112 km
27.	Miskin, Stan	M	VIC	1925	M60	137.086 km
28.	Parcell, Ashley	M	QLD	1955	M23	135.600 km
29.	Down, Jeffrey	M	VIC	1958	M23	130.122 km
30.	Hough, Ken	M	VIC	1944	M40	127.399 km
31.	Milne, Peter	M	VIC	1955	M23	105.200 km
32.	Light, Graham	M	VIC	1948	M35	104.347 km
33.	Bruner, Patti	F	VIC	1936	W45	100.647 km
34.	Brooks, Barry	M	VIC	1940	M45	94.000 km
35.	Bogenhuber, Max	M	NSW	1942	M40	86.431 km
36.	Murray, Ken	M	NSW	1936	M45	68.800 km
37.	Kouydumdjian, Manouel	M	NSW	1958	M23	65.200 km
38.	Hart, Gerry	M	VIC	1938	M45	46.800 km

The following article was published in the Victorian Marathon Club Winter 1986 Newsletter.

### THE MASSEUR ANGLE by Colin Browne

Have you ever thought how all the pain and sweat of a 24-hour run might appear to a masseur who is trying to keep the athletes on the track? You should talk to Graeme Huntington about it, I did and found it very interesting.

During the 24-hour run at Box Hill in February this year, Graeme had the job of massaging those bodies that asked for help, generally after six or more hours of continuous running around the 400m black rubberized asphalt track in

heatwave conditions. They were in many cases quite stuffed and looking down the barrel of withdrawing.

Manouel Kouyoumdjian was a heavily built runner from Sydney, who came in at 5.45pm and again at 9 pm. He lasted until 11 pm before calling it quits. Graeme had worked on his suffering body from the point when he was desperate enough to leave the track, lose time, and call for help, and had helped him squeeze another five hours out. Peter Milne lasted till 3 am. Graeme had given him a rub at 6 pm so it seems that it helped him to do another nine hours. Of course there are other factors operating but for the moment let us just look at it from the masseur's point of view. Ken Murray had one rub at 6.30pm and lasted another four hours. Jeff Down came in for treatment at 7 pm and was still running at the end of the 24 hours.

The night wore on. Those who came in were in some cases in a pretty bad way. From Graeme's point of view he was taking on their tiredness, giving them his strength. He sees it as a transfer of energy. How long could he keep doing, a thing like that? He didn't know at that stage. With no previous experience of that sort of thing he was in an uncertain frame of mind. Certainly it was a draining feeling that he was experiencing in those late hours of Saturday night.

Kon Butko came in for help after eight hours of very solid running. He had gone from 4<sup>th</sup> at 6 pm to 9<sup>th</sup> at 8 pm and was in a deep hole. Many would have dropped out, but Kon was still there at 12 noon next day and in fact ran 26 laps in the last hour, so he must have found something. Maybe Graeme's therapy could have played a part.

Several runners came in for only one dose of therapy. We do not know whether they benefited from it or not. If it hurt them they would have been unlikely to return for more of the same, but that is probably not the case. Graeme's theory was to go in quietly, apply moderate pressure, to be soothing rather than hurtful, and to attempt the transfer of his energy for their tiredness. Other factors determine whether a runner comes back again, the main one being whether he sees his problem as being so serious that he is willing to take time off the track to do something about it.

Graeme's remembrance of individuals is interesting. Being unable to see much, he has very acute perception by other means. Things we don't notice strike him. Terry Cox had stomach pains which Graeme tried to alleviate through gentle massage. Terry came back three times, and once Graeme overheard him ringing up his doctor, who advised massage. Terry was still running at the end, so the combined efforts of doctor and masseur seem to have pulled him through. Graeme's view of Stan Miskin's compulsive attitudes when he kept going despite severe blisters and a recent operation for varicose veins were very straight and not altogether complimentary. He found that when Bob Bruner hit the massage table at 3am he seemed to be with the fairies; not surprising when you realize that Bob was then running fourth and was destined to finish second. A man can't achieve goals like that without great cost to his system. There were a few who came back for more. Maybe they began to rely on the therapy. Maybe it was the only recourse they had in a desperate situation. Ron Hill and Tony Tripp came twice, and each of them ran on well into the 24<sup>th</sup> hour.

But I think Graeme takes most pride in having kept the two ladies running for the full distance. Patti Bruner, very unhappy and upset halfway through the event, found some great people who took an interest in her welfare, not the least of whom was the masseur.

What looked like a disaster for her turned into one of the best experiences of her running career, and she was going better at the end of the race than she had done early in the piece. Geraldine Riley, at 22, attempted what no other girls of her age attempt. Of course it hurt. Of course she found it hard. But her perseverance was incredible. Twice when she seemed ready to call it a day she went in to Graeme for some therapy, and each time she came back on to the track and found that little bit more. He said that he didn't mind at all.

He found it very solid work. For the next two days he was wrecked. He could hardly run at all. So that bit about taking on the runner's tiredness and transferring his own good energy to them may not be so fanciful after all.

### Bloomer laps up the track

1988 Olympic champion and four-time world champion swimmer, Michael Bloomer, lapped the track at the University of California, Berkeley, today.

Bloomer, 34, was seen at the track today, wearing a white singlet with the number 144. He was seen running on the track, and was seen in the water at the pool.



Only swimmer today to lap track before 1000 meters was Bloomer's (left) in the last lap.

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### Young Brian breaks 42's century mark

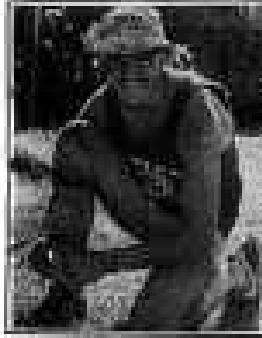
Young Brian, 42, broke the century mark today, running the 1000 meters in 42 minutes.



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### 42 to face tough test

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### Keith tackles the big one

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